

**Cascade Invitational  
Cascade High School  
Cascade, Iowa - 4/30/2026  
Results**

**Girls 100 Meter Dash Varsity**

Name	Year	School	Finals	H#	Points
<b>Finals</b>					
1 Brynnley Patterson	10	Lisbon	13.38	3	10
2 Paige Epperly	10	Lisbon	13.62	3	8
3 Belle Balichek	10	Calamus-Wheatland	13.76	3	6
4 Dashella Munyakazi	9	Central City	13.83	3	5
5 Mallori Ambundo	9	Maquoketa Valley	13.84	3	4
6 Ava Eskildsen	9	Northeast	13.87	3	3
7 Izzy Snyder	10	Cascade	14.31	2	2
8 Cali Olson	9	Springville	14.32	3	1
9 Payton Lanning	9	Maquoketa Valley	14.41	3	
10 Briseyda Rodriguez	12	Beckman Catholic	14.53	2	
11 JoAnna Ochoa	11	Maquoketa	14.68	2	
12 Kaylee Teymer	12	Springville	14.71	2	
13 Sydney Chambers	9	Northeast	14.79	2	
14 Arianna Connelly	10	Calamus-Wheatland	14.90	2	
15 Maria Rodriguez	11	Beckman Catholic	15.20	1	
16 Lucy Wallander	11	Central City	15.42	2	
17 Avery Beecher	10	Cascade	15.57	1	
18 Josie Green	10	Cascade	18.90	1	

**Girls 200 Meter Dash Varsity**

Name	Year	School	Finals	H#	Points
1 Jordan Tegeler	11	Northeast	25.31	3	10
2 Cora Widel	12	Maquoketa	26.43	3	8
3 Kaitlyn Hahn	12	Edgewood-Colesburg	26.72	3	6
4 Faith Dugan	10	Edgewood-Colesburg	26.74	3	5
5 Camryn Paris	11	Maquoketa Valley	27.27	3	4
6 Belle Balichek	10	Calamus-Wheatland	28.30	3	3
7 Rylee Reed	10	Maquoketa Valley	28.67	2	2
8 Liza Slaymaker	10	Calamus-Wheatland	28.75	2	1
9 Janyssa Johnson	9	Northeast	29.13	3	
10 Cali Olson	9	Springville	29.61	2	
11 Phoebe Rahm	9	Beckman Catholic	29.85	2	
12 Ella Hoge	12	Springville	30.13	2	
13 Kinzey Ferguson	9	Lisbon	30.69	2	
14 Atty Moore	11	Maquoketa	31.09	1	
15 Emma Walton	9	Central City	31.11	2	
16 Penelope Heinrichs	9	Beckman Catholic	34.83	1	
17 Josie Green	10	Cascade	40.46	1	

**Girls 400 Meter Dash Varsity**

Name	Year	School	Finals	H#	Points
1 Cora Widel	12	Maquoketa	1:00.09	2	10

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**....Girls 400 Meter Dash Varsity**

2	Josie Diers	9	Edgewood-Colesburg	1:04.83	2	8
3	Tenley Thole	9	Maquoketa	1:05.49	2	6
4	Sienna Rahe	10	Beckman Catholic	1:06.48	2	5
5	Emma Pleasant	11	Lisbon	1:08.37	2	4
6	Peyton Unga	9	Beckman Catholic	1:08.68	2	3
7	Payton Lanning	9	Maquoketa Valley	1:10.24	2	2
8	Alysha Buchanan	9	Calamus-Wheatland	1:11.23	1	1
9	Annabelle Wulfekuhle	10	Edgewood-Colesburg	1:11.57	1	
10	Ava Mollenhauer	10	Lisbon	1:12.09	1	
11	Ella Green	9	Cascade	1:15.41	1	
12	Elaina Blount	9	Northeast	1:17.86	1	
13	Myra Hornung	9	Cascade	1:30.85	1	

**Girls 800 Meter Run Varsity**

Name	Year	School	Finals	Points	
1	Natalie Hackman	10	Maquoketa	2:19.50	10
2	Audra Burbridge	10	Maquoketa Valley	2:25.23	8
3	Lanni Beaman	12	Maquoketa Valley	2:28.83	6
4	Addi Schmelzer	10	Edgewood-Colesburg	2:41.42	5
5	Teryn Hansen	12	Northeast	2:42.51	4
6	Tynley Bousselot	9	Calamus-Wheatland	2:42.84	3
7	Brook Silver	9	Central City	2:49.09	2
8	Topping Adelyn	10	Cascade	2:51.51	1
9	Maleeah Adams	10	Lisbon	2:55.72	
10	Kallyn Henny	12	Edgewood-Colesburg	2:57.41	
11	Ella Gibson	10	Maquoketa	2:59.97	
12	Madelyne Zmuda	9	Northeast	3:06.54	
13	Payton Feldermann	10	Lisbon	3:15.53	

**Girls 1500 Meter Run Varsity**

Name	Year	School	Finals	Points	
1	Hallie Kelchen	12	Cascade	5:17.47	10
2	Josie Diers	9	Edgewood-Colesburg	5:23.32	8
3	Tynley Bousselot	9	Calamus-Wheatland	5:29.89	6
4	Jana Casellas	11	Northeast	5:51.41	5
5	Claire Blanchard	9	Northeast	5:54.16	4
6	Breanna Bush	10	Maquoketa Valley	6:08.19	3
7	Ella Green	9	Cascade	6:15.83	2
8	Maleeah Adams	10	Lisbon	6:20.52	1
9	Holly Dighton	11	Lisbon	7:20.95	

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**Girls 3000 Meter Run Varsity**

Name	Year	School	Finals	Points
1 Hallie Kelchen	12	Cascade	11:04.42	10
2 Tynley Bousselot	9	Calamus-Wheatland	11:23.65	8
3 Ella Green	9	Cascade	12:47.55	6
4 Eva Schneider	9	Northeast	12:51.23	5
5 Anabelle Williams	10	Springville	13:04.72	4

**Girls 100 Meter Hurdles Varsity**

Name	Year	School	Finals	H#	Points
1 Rowan Jacobi	12	Springville	15.38	2	10
2 Makayla Paar	11	Cascade	15.86	2	8
3 Eva Vaske	9	Edgewood-Colesburg	15.88	2	6
4 Addison Frake	12	Cascade	16.47	2	5
5 Justice Armbruster	12	Maquoketa	16.50	2	4
6 Rachel Reeves	10	Northeast	17.07	2	3
7 Adalynn Weber	9	Northeast	17.46	2	2
8 Ava Oberbroecking	11	Beckman Catholic	17.77	1	1
9 Natalie Besler	11	Beckman Catholic	17.80	2	
10 Pinky Mongolan	9	Springville	19.41	1	
11 Ruby Recker	11	Maquoketa Valley	19.93	1	
12 Addie Wilson	10	Maquoketa Valley	20.01	1	
13 Emrie Petersen	9	Maquoketa	20.65	1	

**Girls 400 Meter Hurdles Varsity**

Name	Year	School	Finals	H#	Points
1 Eva Vaske	9	Edgewood-Colesburg	1:07.03	2	10
2 Justice Armbruster	12	Maquoketa	1:09.00	2	8
3 Addison Merritt	11	Springville	1:11.47	2	6
4 Ella Butt	9	Northeast	1:13.47	2	5
5 Claire Johnson	10	Northeast	1:14.11	2	4
6 Autumn Domeyer	11	Beckman Catholic	1:15.47	2	3
7 Jacey Martin	9	Springville	1:16.20	1	2
8 Alexa Roos	12	Lisbon	1:16.49	2	1
9 Taylor Salow	10	Maquoketa Valley	1:16.84	2	
10 Emrie Petersen	9	Maquoketa	1:21.13	1	
11 Magdalena Petermann	11	Maquoketa Valley	1:22.21	1	
12 Carley Conrad	10	Cascade	1:23.88	1	

**Girls 4x100 Meter Relay Varsity**

School	Finals	H#	Points
1 Northeast	51.69	2	10
1) Tenley Holst 9	2) Jordan Tegeler 11		

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**....Girls 4x100 Meter Relay Varsity**

3) Alivia Chambers 12	4) Natalyn Tarr 10			
2 Beckman Catholic		52.44	2	8
1) Lillie Womer 10	2) Paige Fangmann 11			
3) Sienna Rahe 10	4) Eleanor Brehm 10			
3 Lisbon		52.78	2	6
1) Jordyn Jarchow 10	2) Quinn Roos 10			
3) Paige Epperly 10	4) Brynnley Patterson 10			
4 Cascade		53.13	2	5
1) Jania Alvarado 9	2) Addison Frake 12			
3) Leona Manternach 10	4) Makayla Paar 11			
5 Maquoketa Valley		53.39	2	4
1) Lanni Beaman 12	2) Lilly Kraft 11			
3) Taryn Burbridge 12	4) Camryn Paris 11			
6 Maquoketa		54.87	1	3
1) Millie Wing 10	2) Macklyn McLaughlin 10			
3) Tenley Thole 9	4) Atty Moore 11			
7 Calamus-Wheatland		55.34	1	2
1) Belle Balichek 10	2) Brea Davis 10			
3) Arianna Connelly 10	4) Liza Slaymaker 10			
8 Springville		55.86	2	1
1) Morgan DeMean 11	2) Pinky Mongolan 9			
3) Ella Hoge 12	4) Cali Nelson 9			
9 Central City		57.83	1	
1) Lucy Wallander 11	2) Alyayna Kula 10			
3) Emma Walton 9	4) Dashella Munyakazi 9			

**Girls 4x200 Meter Relay Varsity**

School	Finals	H#	Points
1 Northeast	1:47.93	2	10
1) Tenley Holst 9	2) Jordan Tegeler 11		
3) Natalyn Tarr 10	4) Claire Johnson 10		
2 Beckman Catholic	1:49.59	2	8
1) Lillie Womer 10	2) Paige Fangmann 11		
3) Miya Pitz 10	4) Eleanor Brehm 10		
3 Lisbon	1:51.86	2	6
1) Jordyn Jarchow 10	2) Quinn Roos 10		
3) Paige Epperly 10	4) Brynnley Patterson 10		
4 Maquoketa Valley	1:51.94	2	5
1) Rylee Reed 10	2) Lilly Kraft 11		
3) Taryn Burbridge 12	4) Camryn Paris 11		
5 Calamus-Wheatland	1:56.12	2	4
1) Belle Balichek 10	2) Brea Davis 10		
3) Quinn Levien 9	4) Liza Slaymaker 10		
6 Springville	1:56.72	2	3
1) Hensley Barker 9	2) Ella Hoge 12		
3) Addison Merritt 11	4) Cali Olson 9		
7 Maquoketa	1:58.39	1	2

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1) Macklyn McLaughlin 10	2) Isabel Hopson 9		
3) Ava Ferguson 10	4) Millie Wing 10		
8 Cascade		1:59.42	1 1
1) Jania Alvarado 9	2) Leona Manternach 10		
3) Elli Roling 10	4) Emma Frake 10		
9 Central City		2:16.50	1
1) Payton Port 10	2) Kaylee Rhoads 10		
3) Alyayna Kula 10	4) Myra Reynolds 10		

**Girls 4x400 Meter Relay Varsity**

School	Finals	H#	Points
1 Maquoketa	4:13.70	2	10
1) Natalie Hackman 10	2) Isabel Hopson 9		
3) Justice Armbruster 12	4) Cora Widell 12		
2 Maquoketa Valley	4:21.30	2	8
1) Taryn Burbridge 12	2) Anna Feldmann 9		
3) Audra Burbridge 10	4) Lanni Beaman 12		
3 Beckman Catholic	4:25.82	2	6
1) Eleanor Brehm 10	2) Paige Fangmann 11		
3) Miya Pitz 10	4) Kate Goerd 10		
4 Springville	4:27.01	2	5
1) Rowan Jacobi 12	2) Haley Taube 9		
3) Madison Williams 11	4) Addison Merritt 11		
5 Northeast	4:35.02	2	4
1) Janyssa Johnson 9	2) Rachel Reeves 10		
3) Ella Butt 9	4) Claire Johnson 10		
6 Edgewood-Colesburg	4:40.77	1	3
1) Amanda Nurre 11	2) Addi Schmelzer 10		
3) Annabelle Wulfekuhle 10	4) Eva Vaske 9		
7 Lisbon	4:47.08	2	2
1) Emma Pleasant 11	2) Ava Mollenhauer 10		
3) Leila Mayhew 11	4) Violet Chalupa 9		
8 Cascade	5:03.01	1	1
1) Hallie Kelchen 12	2) Addy Topping 10		
3) Ella Green 9	4) Carley Conrad 10		
9 Calamus-Wheatland	5:05.42	1	
1) Alysha Buchanan 9	2) Tynley Boussetlot 9		
3) Maliah Reasoner 9	4) Taylor Coulter 12		

**Girls 4x800 Meter Relay Varsity**

School	Finals	Points
1 Edgewood-Colesburg	10:35.74	10
1) Addi Schmelzer 10	2) Amanda Nurre 11	
3) Annabelle Wulfekuhle 10	4) Josie Diers 9	
2 Northeast	11:01.93	8

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**....Girls 4x800 Meter Relay Varsity**

1) Teryn Hansen 12	2) Jana Casellas 11		
3) Claire Blanchard 9	4) Rieleley Burken 12		
3 Maquoketa		11:57.97	6
1) Charlotte Ihns 10	2) Emily Siegrist 11		
3) Emrie Petersen 9	4) Ella Gibson 10		
4 Maquoketa Valley		12:59.53	5
1) Jaxyn Weber 9	2) Maleah Freiburger 9		
3) Kourtney Hatfield 9	4) McKenna Mineart 11		

**Girls 800 Sprint Medley Varsity**

School	Finals	H#	Points
1 Northeast	1:52.45	2	10
1) Natalyn Tarr 10	2) Raelyn Schroeder 12		
3) Tenley Holst 9	4) Jordan Tegeler 11		
2 Maquoketa Valley	1:55.16	2	8
1) Rylee Reed 10	2) Lilly Kraft 11		
3) Audra Burbridge 10	4) Lanni Beaman 12		
3 Maquoketa	1:56.03	2	6
1) Cora Widel 12	2) Millie Wing 10		
3) Natalie Hackman 10	4) Isabel Hopson 9		
4 Lisbon	1:58.70	2	5
1) Paige Epperly 10	2) Quinn Roos 10		
3) Brynnley Patterson 10	4) Jordyn Jarchow 10		
5 Beckman Catholic	2:00.13	2	4
1) Lillie Womer 10	2) Paige Fangmann 11		
3) Miya Pitz 10	4) Autumn Domeyer 11		
6 Springville	2:05.77	2	3
1) Morgan DeMean 11	2) Hayden Robertson 11		
3) Kaylee Teymer 12	4) Haley Taube 9		
7 Cascade	2:09.11	1	2
1) Izzy Snyder 10	2) Brooklyn Jones 9		
3) Jania Alvarado 9	4) Topping Adelyn 10		
8 Calamus-Wheatland	2:10.25	1	1
1) Quinn Levien 9	2) Arianna Connelly 10		
3) Brea Davis 10	4) Alysha Buchanan 9		
9 Central City	2:11.58	1	
1) Lucy Wallander 11	2) Dashella Munyakazi 9		
3) Emma Walton 9	4) Brook Silver 9		

**Girls Distance Medley Varsity**

School	Finals	Points
1 Cascade	4:29.13	10
1) Makayla Paar 11	2) Addison Frake 12	
3) Leona Manternach 10	4) Hallie Kelchen 12	
2 Edgewood-Colesburg	4:32.53	8



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**....Girls Distance Medley Varsity**

1) Kaitlyn Hahn 12	2) Faith Dugan 10		
3) Eva Vaske 9	4) Amanda Nurre 11		
3 Maquoketa Valley		4:40.59	6
1) Camryn Paris 11	2) Rylee Reed 10		
3) Taryn Burbridge 12	4) Anna Feldmann 9		
4 Northeast		5:03.39	5
1) Emma Butt 9	2) Janyssa Johnson 9		
3) Rielely Burken 12	4) Madelyne Zmuda 9		
5 Lisbon		5:07.04	4
1) Kinzey Ferguson 9	2) Violet Chalupa 9		
3) Leila Mayhew 11	4) Holly Dighton 11		
6 Maquoketa		5:42.64	3
1) Aubrey Witt 9	2) De'ajah Moore 9		
3) Emily Siegrist 11	4) Clara Ihns 11		
-- Beckman Catholic			DNF
1) Catalina McGrane 11	2) Hannah Taylor 11		
3) Sara Dudzik 9	4) Jacinta Westhoff 11		

**Girls 4x100 Meter Shuttle Hurdle Varsity**

School	Finals	H#	Points
1 Springville	1:09.61	2	10
1) Rowan Jacobi 12	2) Addison Merritt 11		
3) Hayden Robertson 11	4) Morgan DeMean 11		
2 Northeast	1:10.29	2	8
1) Natalyn Tarr 10	2) Rachel Reeves 10		
3) Adalynn Weber 9	4) Ella Butt 9		
3 Cascade	1:10.80	2	6
1) Addison Frake 12	2) Elli Roling 10		
3) Emma Frake 10	4) Makayla Paar 11		
4 Beckman Catholic	1:10.91	1	5
1) Natalie Besler 11	2) Eleanor Brehm 10		
3) Autumn Domeyer 11	4) Ava Oberbroecking 11		
5 Maquoketa Valley	1:15.63	1	4
1) Haydin Flannagan 11	2) Natalie Ries 11		
3) Taylor Salow 10	4) Alaina Mead 11		

**Girls High Jump Varsity**

Name	Year School	Finals	Points
1 Rowan Jacobi	12 Springville	5-02.00	10
2 Taylor Luensmann	10 Beckman Catholic	5-00.00	8
3 Leona Manternach	10 Cascade	4-10.00	6
4 Emersyn Reiter	12 Lisbon	4-08.00	5
5 Pinky Mongolan	9 Springville	J4-08.00	4
6 Haydin Flannagan	11 Maquoketa Valley	4-06.00	2
6 Taylor Salow	10 Maquoketa Valley	4-06.00	2

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**....Girls High Jump Varsity**

6 Penelope Heinrichs	9 Beckman Catholic	4-06.00	2
9 Emma Dietsch	10 Lisbon	J4-06.00	
10 Miley Trumm	12 Cascade	4-04.00	

**Girls Long Jump Varsity**

Name	Year	School	Finals	Points
1 Raelyn Schroeder	12	Northeast	15-09.00	10
2 Liza Slaymaker	10	Calamus-Wheatland	14-10.00	8
3 Tenley Holst	9	Northeast	14-05.00	6
4 JoAnna Ochoa	11	Maquoketa	14-01.00	5
5 Pinky Mongolan	9	Springville	13-08.00	4
6 Jacey Martin	9	Springville	13-07.00	3
7 Magdalena Petermann	11	Maquoketa Valley	13-02.00	2
8 Atty Moore	11	Maquoketa	13-00.00	1
9 Emma Dietsch	10	Lisbon	12-08.00	
10 Brook Silver	9	Central City	12-05.00	
11 Myra Hornung	9	Cascade	11-11.00	

**Girls Shot Put Varsity**

Name	Year	School	Finals	Points
1 Kendall Wittman	11	Edgewood-Colesburg	40-10.75	10
2 Sellah Ambundo	11	Maquoketa Valley	38-01.50	8
3 Luxi Coutu	11	Northeast	36-02.50	6
4 Kooper Martin	9	Lisbon	34-01.75	5
5 Pravionna Petersen	9	Northeast	33-08.00	4
6 Morgan Hoeger	10	Maquoketa Valley	31-05.50	3
7 Alena Wilhelm	11	Calamus-Wheatland	29-02.25	2
8 Savanna Welch	12	Lisbon	28-11.00	1
9 Harper Gjerstad	9	Maquoketa	28-02.50	
10 Claire Recker	11	Beckman Catholic	26-10.25	
10 Phoebe Henderson	9	Central City	26-10.25	
12 Peyton Grau	11	Calamus-Wheatland	26-02.25	
13 MacKayla Cavanagh	11	Maquoketa	22-03.50	
14 Josie Green	10	Cascade	18-01.75	

**Girls Discus Throw Varsity**

Name	Year	School	Finals	Points
1 Kendall Wittman	11	Edgewood-Colesburg	117-10.50	10
2 Luxi Coutu	11	Northeast	107-07	8
3 Peyton Grau	11	Calamus-Wheatland	97-09.50	6
4 Grace Richter	12	Maquoketa Valley	97-02.50	4.50
4 Sellah Ambundo	11	Maquoketa Valley	97-02.50	4.50
6 Savannah Drips	12	Edgewood-Colesburg	94-06.50	3

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**....Girls Discus Throw Varsity**

7 Kayla Horner	10 Calamus-Wheatland	88-11.50	2
8 Dashella Munyakazi	9 Central City	86-00	1
9 Harper Gjerstad	9 Maquoketa	75-02	
10 Kooper Martin	9 Lisbon	74-10	
11 Phoebe Henderson	9 Central City	73-00	
12 Savanna Welch	12 Lisbon	65-05.50	
13 Madilyn Koch	11 Maquoketa	62-04	
14 Claire Recker	11 Beckman Catholic	61-09	

**Girls 4x100 Meter Relay JV**

School	Finals
1 Northeast	54.63
1) Raelyn Schroeder 12	2) Adalynn Weber 9
3) Ava Eskildsen 9	4) Sydney Chambers 9
2 Maquoketa Valley	57.07 57.069
1) Mallori Ambundo 9	2) Natalie Ries 11
3) Haydin Flannagan 11	4) Payton Lanning 9
3 Beckman Catholic	57.07 57.070
1) Briseyda Rodriguez 12	2) Carly Digmann 9
3) Taylor Luensmann 10	4) Catalina McGrane 11
4 Springville	57.55
1) Hayden Robertson 11	2) Hensley Barker 9
3) Kaylee Teymer 12	4) Jacey Martin 9
5 Cascade	57.77
1) Izzy Snyder 10	2) Elli Roling 10
3) Emma Frake 10	4) Avery Beecher 10
6 Lisbon	58.37
1) Kinzey Ferguson 9	2) Violet Chalupa 9
3) Emersyn Reiter 12	4) Leila Mayhew 11
7 Maquoketa	59.37
1) JoAnna Ochoa 11	2) Ava Ferguson 10
3) Ella Gibson 10	4) Aubrey Witt 9

**Girls 4x200 Meter Relay JV**

School	Finals
1 Northeast	1:56.20
1) Raelyn Schroeder 12	2) Sydney Chambers 9
3) Ella Butt 9	4) Emma Butt 9
2 Beckman Catholic	2:00.30
1) Vivienne Rahe 10	2) Taylor Luensmann 10
3) Carly Digmann 9	4) Kate Goerd 10
3 Springville	2:01.25
1) Hayden Robertson 11	2) Jacey Martin 9
3) Madison Williams 11	4) Kaylee Teymer 12
4 Cascade	2:05.37

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- |                        |                          |
|------------------------|--------------------------|
| 1) Izzy Snyder 10      | 2) Carley Conrad 10      |
| 3) Avery Beecher 10    | 4) Miley Trumm 12        |
| 5 Maquoketa            | 2:09.17                  |
| 1) Renee Cook 11       | 2) Madilyn Koch 11       |
| 3) Aubrey Witt 9       | 4) Emily Siegrist 11     |
| 6 Maquoketa Valley     | 2:10.47                  |
| 1) Maleah Freiburger 9 | 2) Charlotte Ludovissy 9 |
| 3) Jeanie Teymer 11    | 4) Grace Richter 12      |
| 7 Calamus-Wheatland    | 2:15.05                  |
| 1) Quinn Levien 9      | 2) Evelyn Cavey 10       |
| 3) Kylie Hahn 10       | 4) Grace Hipkins 9       |

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Women - Varsity - Team Rankings - 19 Events Scored

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1) Northeast	134	2) Maquoketa Valley	95
3) Edgewood-Colesburg	92	4) Maquoketa	82
5) Cascade	75	6) Springville	66
7) Lisbon	58	8) Beckman Catholic	53
8) Calamus-Wheatland	53	10) Central City	8

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Men - Varsity - Team Rankings - 19 Events Scored

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1) Lisbon	105	2) West Delaware	95
3) Edgewood-Colesburg	87	4) Calamus-Wheatland	74
5) Beckman Catholic	73	6) Springville	68
7) Northeast	61	8) Maquoketa Valley	60
8) Cascade	60	10) Central City	27